

Low Fat Chocolate Chip Cookies

By using half the normal amount of butter, and substituting an egg white for a whole egg, these make a wonderful and almost guilt-free indulgence. The chocolate flavor is enhanced by using cocoa powder as well as the chocolate chips. And by using mini chocolate chips, we're making a smaller quantity go a long way.

Cook Time: 9 minutes

Ingredients:

- 1/4 cup butter, softened
- 1/2 cup sugar
- 1/4 cup brown sugar
- 1 egg white
- 1 tsp vanilla extract
- 1 cup all-purpose flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/4 cup cocoa powder
- 1/3 cup miniature chocolate chips



Preparation: Preheat oven to 375 degrees.

In a large bowl, beat butter and sugars together with an electric mixer until creamy. Add egg white and vanilla and mix until well blended.

In a medium bowl, combine flour, baking soda, salt and cocoa powder. Gradually add flour mixture to egg and sugar. Use a wooden spoon to work the dough together. Don't worry if the dough seems a little crumbly at first. Stir in chocolate chips.

Drop cookie dough by the teaspoonful on to a cookie sheet lined with parchment paper or a silicone mat if you have one.

Bake for 8-10 minutes. Cool on cookie sheet for 1 minute, then transfer to wire rack to cool completely.

Makes 30 cookies

Per Serving: Calories 65, Calories from Fat 21, Total Fat 2.3g (sat 1.8g), Cholesterol 5mg, Sodium 44mg, Carbohydrate 10.3g, Fiber 0.5g, Protein 0.7g

<http://lowfatcooking.about.com/od/bakedgoods/r/chocchipcookies.htm>